

SPECIAL REPORT

INSTANT RELIEF!

How to cure athlete's foot in seconds...

<http://homeremedieslog.com>



INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

Dear Athlete's Foot Sufferer;

This 'Special Report' was written to cure your athlete's foot and prevent re-occurring fungus growth.

With all the creams, sprays and ointments on the market today it can be quite confusing and expensive to find long term relief.

That's were this report comes in. I have battled athlete's foot for over 8 years and found nothing ever worked.

I tried all the creams, countless sprays, shoe inserts, powders, ointments and even pills. But nothing worked for very long.

Eventually it got to the point where nothing worked for me at all, even the creams that used to give me temporary relief.

Finally, all that suffering came to an end when I discovered a simple way to **STOP** athlete's foot dead in it's tracks.

Since my athletes foot had been cured I came across several other remedies that work wonders and helped some of my friends.

I thought there might be other's with the same problem so I put together a list of the top 20 remedies that kill athlete's foot fast without buying expensive creams and other temporary relief products.

What you have in your hands right now is the best, most effective 20 ways to kill athlete's foot and also prevent re-occurring fungus growth.

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

>> [Click here](#) to go immediately to quick remedies...

...Or continue reading

What is Athlete's Foot?

Athlete's Foot is an uncomfortable fungal infection of the feet, usually found between the toes, but may also spread to the bottoms of the feet, the instep, between the toes and toenails.



Between Toes



Bottom of Feet



Instep

Did You Know?

About one in two people suffer from athlete's foot at one time or another.

This infection is also known as *tinea pedis* which is the medical term; *ringworm of the foot*, which lives on the skin tissue and breeds under

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

warm, moist conditions.

Athlete's foot is highly contagious and in the right conditions, spreads quickly to others.

Who gets it?

Young Men are most often affected by athlete's foot, but children and women can also contract this fungus.

No one is completely safe from athlete's foot and if you've had it before chances of getting it again are even greater under the right conditions.

Why and how can you get it?

Athlete's foot breeds under warm, moist conditions. Usually hot weather and sweaty foot wear are the source for the infection.

A re-infection could occur from the flaking skin being in your footwear and socks and coming into contact with your feet after you have successfully battled this condition.

You can also contract Athlete's Foot by going bare-foot in gym locker rooms, public showers and even your shower at home.

If other members of your family have athletes foot it is important that you clean your shower often as well as take preventative precautions included in this manual to prevent the spread of athletes foot.

Where does it come from?

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

Athlete's foot comes from an infection caused by sweaty footwear or damp feet.

It lives off the dead skin cells and infects the upper layer of the skin.

This fungus thrives in moist, warm places such as locker rooms, swimming pools and gymnasiums.

Poor hygienic practices combined with any of the conditions above will severely increase the chances of getting athlete's foot.

Signs and Symptoms of Athlete's Foot

- 1 - Cracked, peeling or flaking of skin around the toes. This area will then become moist or soggy looking.
- 2 - Redness and scaling on the soles of your feet. These areas may become sore and inflamed.
- 3 - Intense itching. Your feet and between your toes will itch beyond belief. Any attempt at satisfying this itch by scratching or rubbing the area will only cause you to peel away the damp skin and your feet may bleed.
- 4 - Small blisters that ooze clear liquid. This is a severe case of athlete's foot that was left untreated for a long period of time. You should consult your doctor immediately for more progressive treatments.
- 5 - Burning sensation. You may notice a burning sensation after you have rubbed the area to try and soothe the itching. The burning sensation will also increase as the fungus becomes more severe.

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

6 - Odour may or may not be present. If you do not wash your feet and dry them completely you run the risk of having a hideous odour coming from the infected areas.

The odour could also mean that the athletes foot is infected more severely than you thought and a doctor must be seen immediately. You may be prescribed antibiotics if its severe.

7 - Yellow, crumbling and thickened toe nails.

Athletes' Foot is very difficult to kill and the affected area may easily become re-infected.

By following the course of treatment you will ensure annihilation of the fungus and reduce your chances of further infections.

The Prevention of Athletes Foot

An ounce of prevention is worth a pound of cure. By taking a few precautions against Athletes Foot, you are saving yourself weeks of agonizing intense itching, burning and inflammation.

Familiarize yourself with these preventative measures because once your athletes foot is gone you will need to follow these guidelines or you run the risk of re-infection.

Here are several suggestions to help prevent Athletes Foot

1 - Clean your toenails

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

Toenails are breeding spots for the athlete's foot fungus. Scrape the undersides of your toenails clean at least every two to three days. Use an orange stick, toothpick or wooden match. Avoid using a metal file. The metal could scratch the nail providing niches for the fungus to collect and breed.

- 2 - Wear cotton socks and change them twice a day to keep your feet dry.
- 3 - Avoid plastic shoes and materials that have to be treated to keep water out. They trap perspiration and create a warm, moist place for fungus to grow.
- 4 - Wear sandals or beach slippers in public places such as swimming pool showers and gym locker rooms.
- 5 - Wear leather shoes and sandals so your feet can "breathe".
- 6 - Alternate between two pairs of shoes, giving each 24 hours to dry out between uses.
- 7 - Regularly use an anti-fungal powder on your feet and in your shoes and socks.
- 8 - Pay close attention to overall hygiene of your feet.
- 9 - Dry your feet thoroughly between your toes.

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

- 10 - The more your feet are exposed to the air, the better.
- 11 - Clean your shower and bath-tub regularly with diluted bleach or other fungus killing agent cleaning products.
- 12 - Exposure to sunlight will help dry your feet and the ultraviolet light will kill fungus as well.
- 13 - The most important and best way to prevent athlete's foot is to keep your feet dry.
- 14 - To avoid re-infection wipe white vinegar on the insides of your shoes and sandals with a cloth.
- 15 - Wash bed sheets on a regular basis.
- 16 - Never share shoes, socks or towels.

Did You Know?

Without proper treatment of Athlete's Foot the infection could become chronic and may cause severe scarring if left untreated.

Getting Rid of The Burning and Itching

- 1 - Keep your feet clean and dry. Wash and dry your feet thoroughly,
-

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

two to three times daily.

- 2 - Use a cold compress to reduce inflammation and itching.
- 3 - Soak your feet for ten minutes twice each day in a sea salt and water bath (two teaspoons of salt for every one pint of water).
- 4 - Make and apply a baking soda paste made with water added to baking soda, to the bottoms of your feet and between your toes. Keep on for ten minutes, then wash, dry thoroughly and dust your feet with talcum powder or corn starch.
- 5 - Use over-the-counter medication treatments. It's important to follow the directions with these different medications for maximum benefits.
- 6 - Continue treating the affected areas for up to two weeks after the infection has disappeared.
- 7 - If the condition does not clear up after treatment, consult your doctor immediately.
- 8 - Apply diluted rubbing alcohol on the affected area with cotton balls and allow to dry.
- 9 - Apply aloe-Vera gel twice daily
- 10 - Soak your feet for ten minutes a day in a 50/50 mixture of apple cider vinegar and water for up to ten days or until symptoms disappear, whichever comes first.

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

11 - Apply apple cider vinegar with a cotton ball to affected areas and allow to dry.

12 - Soak your feet for 20 minutes daily in a baking soda and water solution. You can also sprinkle baking soda on your feet and inside your footwear.

13 - Cinnamon can effectively combat both yeast and fungal infections.

Bring 4 cups of water to a boil, add 8-10 broken sticks of cinnamon, reduce heat to low and simmer for five minutes; remove and steep, covered, for 45 minutes. Use as a foot bath.

14 - Rub raw garlic on the fungus or put some freshly crushed garlic on the affected area and leave it on for half an hour then wash the area with water.

Do this once a day for a week and the athlete's foot should be gone. If the garlic burns, remove it and wash the area with water, dry and try again with diluted garlic juice.

You may have to play around with this remedy to get the potency that is right for you. Garlic is an excellent antibiotic, and studies have shown that its compounds can kill the fungus that causes athlete's foot.

15 - Make a herbal tea foot bath of goldenseal and thyme, or a half and half mixture of thyme and chamomile teas. Soak your feet in this solution once a day.

INSTANT RELIEF

How To Cure Athlete's Foot in Seconds!

- 16 - Apply Undesine ointment daily, which you can find wherever herbs and other natural remedies are sold.

- 17 - Apply Vitamin E twice daily to affected areas.

- 18 - Rub raw honey on the infected areas before bedtime. Cover with an old sock and leave on over night. Wash and dry feet thoroughly in the morning.

- 19 - Mix 2 drops of Tea Tree oil, 2 drops of Myrrh in 15g of base cream. Mix the oils into the base cream, and apply to the affected area twice a day.

- 20 - Add sandalwood and tea tree oil to your foot bath.